



### **The Challenge - Week 3**

It's week 3 of the 10 in 10 Challenge. This week is the week that many will find most difficult to maintain their goals. Stick with it and your resolve will pay off. For those just joining the 10 in 10 Challenge, please know that **it is never too late to join the Challenge**, which began on January 15th and runs through March 25th, and encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. Anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy changes, so think of a friend who you could encourage to join you. Each week through March 25, you will receive a physical activity and nutrition assignment geared at promoting 1 pound of weight loss. The weekly e-mails, being prepared with the assistance of a trainer and a nutritionist, will incorporate one suggestion for a change in diet (250 fewer calories a day) and another for increased physical activity (burning 250 additional calories a day). **Keep reading to find this week's nutrition and physical activity challenge and get started today!**

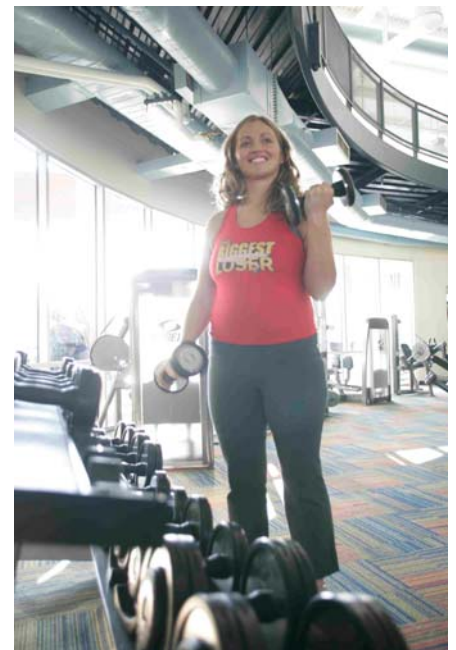
### **Weekly Physical Activity Challenge #3**

**Pump some iron - Most people can burn approximately 250 calories through 50 minutes of light or moderate weight lifting. Each day this week, grab some hand weights and lift!**

This week find some basic hand weights. They are inexpensive to purchase at a store, or you can create your own by using cans of soup or by filling empty milk jugs with water. You may also visit a local fitness center where a large variety of weight lifting equipment can be found. Choose small weights to begin and use smooth and controlled motions. Weightlifting can be done alone while watching television or it can be added to existing aerobic activities such as walking to burn calories even faster. Curl, press, and lift your way to 1 pound of weight loss this week.

Lifting weights is beneficial for a variety of reasons and is an important part of your physical activity routine. Lifting weights:

- Increases muscle mass allowing your body to burn more calories throughout the rest of your day. Even in your sleep!
- Strengthens muscles allowing you to take on greater challenges
- Strengthens joints to reduce pain
- Strengthens bones which defends against osteoporosis
- Decreases the risk of serious injury from falls





### **Weekly Nutrition Challenge #3**

**Eat a Healthy Breakfast** – Each morning this week, take a minute to assess your hunger and plan your breakfast accordingly. When planning your meal, include a serving of food from at least 3 of the food groups (protein, dairy, fruits and vegetables, and whole grains). If you are not immediately hungry, you may choose to wait an hour or so before eating.

We've all heard that breakfast is the most important meal of the day. Studies show that people who regularly eat breakfast are more likely to get all their daily nutrients, less likely to have high cholesterol levels, and less likely to have weight problems. They are also better able to concentrate and are more productive in the morning. Despite its benefits, it is possibly the most neglected meal of the day. Some individuals express not feeling hungry first thing in the morning or they may feel too rushed to eat. If either of these reasons describes you, consider having something light first thing in the morning – a glass of low fat milk or 100% fruit juice, a piece of fruit, or a slice of toast. Later, possibly mid-morning, have a nutritious snack – peanut butter on whole grain bread, a hard boiled egg, cheese, yogurt, or instant oatmeal. Regularly eating breakfast is just one more step to a healthier you!

### **Getting Geared Up for the Big Game?**

If you are hosting a football party and don't want to sabotage your weight loss efforts, consider providing some healthy snacks:

- Fruit kabobs
- Raw vegetables with low-fat dip
- Baked or Light Chips with salsa or low fat bean dip
- Angel Food Cake with blueberries and Fat Free Whipped Topping

**Go Colts!**

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